



## JAY-Z SINGS DADDY BLUES

'I'LL PROBABLY HAVE THE WORST,  
SPOILED LITTLE KID EVER'

PAGE 7



Jo-Anne & Louis Chikoski  
March 23 • Thunder Bay, ON



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# Hunter: 'The ultimate leader'

**Dale Hunter.** The majority owner and president of the London Knights left after more than 10 seasons as Knights head coach to take over the Washington Capitals in November

As the London Knights battle for the OHL championship against the Niagara IceDogs, the team still has former bench boss Dale Hunter in its thoughts.

"We certainly miss his leadership here," said Knights governor Trevor Whiffen. "Dale is the ultimate leader in the dressing room on game night, but everyone else here has done their best to fill the gaps very nicely."

London rolled out a smooth transition behind the bench with Dale Hunter's brother Mark taking over as head coach, adding one more

name plate to his office door along with general manager and vice-president.

Dale's son, Dylan, who was an OHL star when London won its only Memorial Cup in 2005, was already an assistant coach with the team.

Assistant general manager Misha Donskov has been on staff for four years and said he sees a lot of similarities between Dale and Mark.

"The word I always like to use about the coaching change is seamless," said Donskov. "When Mark stepped in, he obviously already knew all the guys. Dale and Mark share all the same philosophies. They expect the players to be accountable, and from the standpoint of systems, their expectations are the same — be responsible on defence and play all three zones."

With the evolving coaching staff the Knights maintained their course, completing the OHL regular season first overall with 99 points. Dale went 20-5-1 before answering the call to the NHL. Mark later won 29 of his 42

### OHL playoffs



Game 3 of the London-Niagara OHL final is Monday at 7 p.m. at the JLC.

games.

Whiffen recalled that almost at the same moment Dale was accepting the Capitals post, another client and friend was relieved of his duties.

"I helped Bruce Boudreau negotiate his contract with Washington and after he's let go by George McPhee, Bruce is calling me to commiserate," said Whiffen. "I had just talked to Dale (about unrelated matters) the night before. For me, it was a surreal day."

Under Boudreau's leadership the Capitals had won four straight Southwest Division regular-season titles and started the current campaign with seven consecutive victories. But Washington fired Boudreau after losing six of eight games and turned to Hunter.

Hunter helped turn around the Capitals, who went 30-23-7 under their new coach to clinch the seventh seed in the Eastern Conference before dumping the defending Stanley Cup champion Boston Bruins in the first round.

With the pressures of the OHL playoffs continuing, everyone in the Knights dressing room is glued to the Capitals' results.

"There's a lot of Washington Capitals ball caps in our dressing room," said Donskov.

THE CANADIAN PRESS

Washington Capitals head coach Dale Hunter PATRICK MCDERMOTT/GETTY IMAGES

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# 1

## NEWS

### On the web

### Tour the Family Guy's town

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A local tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series including, of course, a stop at The Drunken Clam. Go to [metronews.ca](http://metronews.ca) for more.

### Reverse psychology behind the wheel

With more than one million traffic accidents worldwide caused by texting and driving, campaigns against it have been popping up around the globe. A Belgium driving school has figured out one way to stop youth from texting and driving: Tell them they have to do it. Watch the experiment at [metronews.ca](http://metronews.ca).

### Mobile news



Test-tube babies have higher rates of birth defects, and doctors have long wondered: Is it because of certain fertility treatments or infertility itself? A large new study from Australia suggests both may play a role. Scan for the story.

# Group robbery unusual, London police say

**Tips sought.** Seven charged in assault, theft near Gibbons Park



ANGELA MULLINS  
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Police are calling a Friday night robbery unusual for the number of people involved and the alleged attackers' wide range of ages.

"This group was together before the incident happened

... and after," Const. Will Knelsen said Sunday. "What the relationship is ... I'm not 100 per cent sure."

Knelsen said investigators are trying to determine how the seven suspects — all Londoners ranging in age from 14 to 29 — are associated. Police don't think they knew the victim, identified only as a 27-year-old man.

He was walking near Oxford and Tablot streets around 9:30 p.m. when police allege the suspects followed him to a path leading to Gib-

bons Park. He was assaulted in a "dimly lit" area and had personal belongings, including a wallet and cellphone, stolen, Knelsen said.

The victim called police and officers arrested the suspects a few blocks away near Richmond and Regent streets.

No weapons were reported, and police said the victim's injuries were not life-threatening.

The incident is unusual because of the number of suspects involved and their range in their ages, Knelsen

### Suspects

The following Londoners have been charged with robbery in the Friday incident:

- Josh Kana, 23
- Robert Aubry, 29

- Terrence Parsons, 19
- Four youths who can't be identified because of their ages: A 14-year-old female, a 16-year-old female, a 17-year-old male and a 16-year-old male

said.

Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers

at 800-222-8477.

Follow Angela Mullins on  
Twitter @MetroAngela



## Prom. Medical students bridge generation gap

Some of the students at Western University's Schulich School of Medicine and Dentistry know a thing or two about bridging gaps in teeth.

The young doctors in the making took that knowledge into a whole new realm Sunday — bridging age gaps between themselves and senior citizens.

In what's billed as "London's most unusual formal," Schulich teamed up with Grand Wood Park Apartments and Retirement Residence for a prom that saw students and seniors paired as dates.

While part of the annual event is aimed at getting students interested in geriatric medicine, it also opens doors, said Robyn Sambrook, 23, a Schulich student and an event organizer.

"From the student perspective, we don't really get to interact with the elderly portion of our population that we will be dealing with as doctors," she said. "From the senior perspective, it's nice (for them) to talk to young people, get involved and share their perspectives."

Seventy-five couples attended the Spring Intergenerational Gala, held at the Best Western Lamplighter Inn (591 Wellington Rd.). The evening was complete with fine dining, music from Schulich's choir and orchestra, and, of course, dancing.

ANGELA MULLINS/METRO

**Unique partnership**  
"It's really nice ... to make that personal connection."

Robyn Sambrook, 23, student at Western University's Schulich School of Medicine and Dentistry.



## A night at the museum unfolds like clockwork

Eric Kirwin, 14, of London, arranges the sculptures he created from clock and radio parts Sunday during the Museum London youth council's Art-A-Thon. Eric and other youth council members spent Friday night in the museum and worked into Saturday morning creating art to mark National Youth Arts week. Eric's piece is called 2 Clocks, a Radio, and 7 Hours. ANGELA MULLINS/METRO

## Law and order. Busy weekend for London police

**Slashing victim accused of trying to run down attacker:** Following an altercation in a parking lot in the area of Wellington Road near Montgomery Gate on Friday, police say a London man threatened to kill another before pulling a knife and striking him in the side of the head. The victim then got into his car and allegedly tried to run over his attacker, who fled on foot. Among the charges against the 26-year-old suspect: Assault with a weapon and assault causing bodily harm. The 25-year-old victim, who suf-

fered a minor cut, was charged with dangerous operation of a vehicle.

**Police find 188 pot plants:** Police discovered a marijuana grow-op in the basement of a house at 135 Sackville St. on Friday night, after investigating an unrelated call at the address. Police seized 188 marijuana plants worth approximately \$188,000, as well as a small amount of marijuana bud and cannabis resin. Travis Gowers, 36, and Douglas Sager, 27, have been charged with possession

of marijuana, unlawful production of marijuana and unlawful possession of cannabis resin.

**Break-and-enter suspect flees police in stolen car:** After answering a break-and-enter call on Hilton Avenue on Friday night, police spotted a suspect speeding away in a stolen car. After crashing into another car at Highbury and Oxford streets, the vehicle was found abandoned on Wistow Street. No occupants of the other vehicle were hurt. Mitchell Riley, 22, and Johnny Grebenchan, 21,

were charged with possession of stolen property. Riley was also charged with breach of recognition.

**Gunshots heard at Richmond and Carling:** Police were approached early Saturday morning with a report of gunshots near Richmond and Carling streets. A burgundy Toyota Tercel was seen leaving the area. Police are looking for the driver, though it is unknown if this was related to the alleged shooting. The investigation is ongoing. JULIAN UZIELLI/FOR METRO





From left, Don Macpherson, principal of H.B. Beal Secondary School, Grade 12 student Laura Heidenheim, 17, and Al Herrington, chair of the 100th-anniversary committee, are looking forward to Beal's big bash. JOHN MATISZ/METRO

# Beal gears up for a four-day century-mark celebration

**Beal 1912-2012.** A tradition of learning at Herbert Benson Beal Secondary School comes full circle this month with a massive reunion party



**JOHN MATISZ**  
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Al Herrington's involvement with Herbert Benson Beal Secondary School could very well have stopped with teaching, but it didn't.

For 12 years in the 1950s and '60s, the born-and-raised Londoner taught business at the Dundas Street school celebrating its 100th anniversary. Later on in his career, he returned as vice-principal for about 15 years and before retiring from the profession.

Now, as chair of the Beal 100 organizing committee, Herrington is once again roaming the art-school halls.

"I was actually even Santa Claus for 25 years way back when," Herrington, 76, said while gazing up at a banner promoting the celebration, which takes place May 31 to June 3. "The thing about this place is that it's never changed.

The building has been in the same place for almost the whole time, the people have obviously come and gone, but the atmosphere remains the same."

Although alumni, staff, students and community partners already took part in a one-night birthday bash in January, the real party is on the horizon.

Herrington and principal Don Macpherson are expecting 1,000 people from all over Ontario and beyond to flock to the Forest City for the special weekend. Highlights include a formal gala, the erection of a new football scoreboard and the unveiling of a new piano in the auditorium.

Beal today has 1,750 students, but enrolment just 20 years ago was up to 2,800. At one point, Herrington says, it was the nation's second-largest high school in terms of student population.

From Hollywood screenwriter Paul Haggis to master artist Philip Aziz and country singer Tommy Hunter, Beal's list of notable alumni screams art school.

Herrington, whom Macpherson claims has the "biggest heart for Beal out of anyone still alive," says Beal was one of the first comprehensive high schools in the area, offering training in both trades and academics.

## Beal 100 program

- **Thurs, May 31:** Opening-day celebrations, performing-arts showcase\*
- **Fri., June 1:** Globe Show/Carnival, Hairspray: The Musical\*
- **Sat., June 2:** Alumni sports games, invitation-al car show, Beal arts' year-end show\*, gala dance
- **Sun., June 3:** Eternal Journey concert, Beal arts' year-end show\*
- **Mon., June 4:** Beal arts' year-end show\* (\* Open to the public.)

"The vision back then was successful, and we're still doing the same things now," Macpherson said.

After a half-century of affiliation with Beal, what is Herrington most proud of?

"You'll never walk into this building and not have a student open the door for you."

To learn more, go to [beal100.com](http://beal100.com).

Follow John Matysz on Twitter @Metro\_JMatysz



## Andlauer expansion would create jobs

A Toronto-based distribution company wants to build a new centre in south London, creating 25 new full-time jobs.

Andlauer Management Group has offered the city \$260,000 for four acres of land in an industrial park near Highway 401 and Highbury Avenue. The new building would start at 15,300 square feet with an expansion of between 15,000 and 40,000 square feet planned within a couple of years, says a report from city administrators.

The expansion would create another 25 to 40 jobs.

City council's finance and administration committee

will hear a report on the proposal at 1 p.m. on Monday.

Andlauer is described as a distributor of consumer, health-care and pharmaceutical products. The new addition to the industrial park would bring taxes of about \$31,000 a year into city coffers, the staff report says.

City councillors are being asked to exempt Andlauer from an industrial-park land requirement that its initial building cover 15 per cent of the parcel. Instead, the building would cover nine per cent, with 17 to 31 per cent covered after the expansion. A 10-metre buffer would be required between

## This week in council

- The planning committee (4 p.m. Monday) will hear an economic analysis of the lands around the former McCormick plant on Dundas Street. A combination of townhouses, retail and light industry would work well in the area, the analysis says.
- Also during the meeting, people can weigh in on changing the city's

existing official plan to create a "mixed-use Mainstreet District" on the north side of Horton Street between Wellington and Colborne. The move would implement part of the SoHo Community Improvement Plan.

- The public-safety committee will talk at 3 p.m. Thursday about a proposed nuisance bylaw.

the centre and a woodlot on the east side.

Andlauer has given the

city a \$26,000 deposit while the deal is being finalized.

ANGELA MULLINS/METRO

## Fundraising journey. Granddad plans grand walk across Ontario

Bob Facca is getting ready for the walk of his life.

The London grandfather will soon set out on an epic journey that will see him cross Ontario in the name of defeating Duchenne muscular dystrophy.

Louie's Grandpa Walks to Defeat Duchenne starts Monday in Owen Sound, with Facca planning to walk 500 kilometres through the province, ending his journey back in London on May 30.

Facca came up with the idea for the walk after his

four-year-old grandson was diagnosed with the disease. He says he's been thinking about it seriously for 10 months.

Facca was also on hand Sunday morning for Jesse's Journey in Springbank Park, the Walk Across Canada in a Day challenge.

Teams showed up to walk the 33-kilometre course through the park.

All the money raised from the event goes to fund research into Duchenne muscular dystrophy.

AM980/AM980.CA

## Faulty models

## Chrysler to cover repairs in recent 300s and Dodge Charger recalls

Chrysler is recalling 119,072 cars after discovering that the antilock brake and electronic stability control systems can fail because of an overheated power supply. The model year 2011

and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated.

Chrysler Group LLC will cover the repair costs.

The condition first surfaced on a Michigan State Police training vehicle.

Chrysler told the National Highway Traffic Administration that it is not aware of any crashes, injuries or fires related to the overheating.

Vehicle owners may contact Chrysler at 1-800-853-1403.

THE ASSOCIATED PRESS

## Internet addresses

## Increase in domain names remains delayed

The organization in charge of expanding the number of Internet address suffixes — the “.com” part of domain names — is apologizing for delays but says it's favouring “quality, not speed.”

Three weeks ago, the Internet Corporation for Assigned Names and Numbers abruptly

shut down a system for letting companies and organizations propose new suffixes, after it discovered a software glitch that exposed some private data. At the time, ICANN planned to reopen the system within four business days. The system remains suspended indefinitely.

“We're very focused on the quality of what we do,” ICANN CEO Rod Beckstrom said. “We take this very seriously. That's why we're moving very methodologically and professionally.”

THE ASSOCIATED PRESS

## Foreign money

## Egypt sees rise in currency reserves

Egypt's central bank says the nation's foreign currency reserves have recorded their first rise since the uprising that toppled longtime ruler Hosni Mubarak 15 months ago.

It said on its website on Sunday the reserves stood at \$15.21 billion US by the end of April, an increase of \$100 million over the previous

month. Egypt's official news agency attributed the small rise to a partial recovery in tourism and reduced imports.

Egypt's foreign currency reserves declined by as much as \$21 billion since the uprising, reflecting an economy that has been hit by near daily protests, greatly reduced revenues from tourism and a sharp fall in investment.

Egyptians choose a successor for Mubarak in a presidential election starting May 23-24. THE ASSOCIATED PRESS

## Let's talk about mental health

**Awareness.** Advocate to host chat on mental health via Facebook

DAVID BAXTER  
For Metro in Winnipeg

Arthur Gallant says his entire life has been shaped by mental illness.

“I have not really known a life without depression,” said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. “It's a part of who I am.”

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to help inspire others who may be suffering with similar problems, but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental-health services, said he wants people to know that just because mental illness is not a visible ailment does not mean that it is not a real disease. “Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes.”

Though he believes society's attitudes toward those with mental illness started to improve in the early part of the last decade, technology has stalled those improvements.

“Social media has made it



Arthur Gallant says he talks about his mental illness in an effort to open people's minds. CONTRIBUTED

worse,” he said. “I started talking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help,” he said.

But Gallant isn't giving up.

He will host a live online video chat on the Canadian Mental Health Awareness Ontario Facebook page Wednesday from 7 to 8 p.m. ET. He expects as many as 20,000 people to join in. “I speak to people because I want to use my story to create a better world. I know I can't single-handedly change opinions but maybe I can make people think a little.”

To join Gallant's Facebook chat on May 9 go to facebook.com/cmha.ontario, or for more information on mental health and illness visit mentalhealthweek.ca.

FOR MORE COVERAGE ON MENTAL HEALTH AWARENESS WEEK, GO TO METRONEWS.CA



## Elation as Sarkozy ousted from French presidency

Supporters of Francois Hollande, the Socialist Party candidate for the presidential election, react after the first results of the second round of French presidential elections outside the Socialist Party campaign headquarters in Paris on Sunday. Hollande declared victory in France's presidential election, railing against austerity measures and urging national unity after a bitter campaign against Nicolas Sarkozy. FRANCOIS MORI/THE ASSOCIATED PRESS

## Legislation. Proposed bill to stop protesters in disguise

The Harper government is throwing its weight behind a private members' bill that would give police the power to arrest anyone hiding their identity during a riot or unlawful assembly. Conservative backbencher Blake Richards is proposing penalties of up to

five years in prison or a fine of up to \$5,000 for protesters in disguise. The bill, Richards said, is designed to prevent damaging riots like the current Quebec student riots, the Vancouver Stanley Cup riot and the G20 protests in Toronto. THE CANADIAN PRESS

## Financial crisis. Greek parties scramble amid voter backlash

Greeks angered by a vicious and protracted financial crisis punished the parties that have dominated politics since 1974 Sunday, with projected election results showing them hemorrhaging support to anti-bailout groups and no party gaining enough ballots to form a gov-

ernment. Responding quickly to the protest vote, the heads of the socialist PASOK and the conservative New Democracy pledged to seek to either renegotiate the terms of Greece's multibillion-dollar international bailout agreement or overturn it. THE ASSOCIATED PRESS

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## ART FOR KIDS' SAKE



**URBAN COMPASS**  
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It has always been about the kids for Vanessa Garcia. A longtime art instructor, she taught kids for years in her native Colombia before moving to Canada with her own two children in 2008.

Now, she is making an impact with youth in London — and often with those who need help the most.

Last month, Garcia was recognized by Western University's community service learning program as best community professor for 2011-12. The award acknowledged her work with both children and adults in the London community, but it is her work with at-risk and less-fortunate children that has drawn the most praise for the art instructor.

"I think we have a huge responsibility with kids," said Garcia, whose passion for art can be traced back to her own childhood. "They are innocent, and I am really a believer that art is an act of love. You can heal from art."

Healing is a big part of what Garcia seeks to accomplish in her studio on Wharncliffe Road. Plenty of youngsters have come through her doors in need, including orphans and others living through hard times. Using art as a form of therapy, Garcia says she tries to help her students work towards healing some of the holes in their lives.

"When the children are making art, they forget their problems," she said. "They are able to express themselves, and it helps give them more self-esteem."

It wasn't easy for Garcia to make her mark in the art community. Looking to provide her children with a better future, she moved to London four years ago after her husband had first secured work and residency in the Forest City. Immediately, she began showing her work, presenting exhibitions and working with different community organizations, including Childreach.

She has had exhibitions at the London Central Library every year, and is busy preparing for another this summer — this time with an anti-bullying theme. Meanwhile, she currently has 20 kids in her classes, many of whom have received scholarships to help cover the costs. She is always "knocking on doors" trying to land more financial resources to provide opportunities for more kids.

From a personal standpoint, Garcia says Canada has provided her with more opportunities to pursue her art career. And a large Latino community in London has further helped her fit in. She received a Latino leadership award in 2009.

She has also managed to open her own studio and dedicate much of her time to helping children in need. And not only is the art therapeutic for her students, but they are developing their talents and having fun along the way.



Vanessa Garcia was named best community professor by Western University's community service learning program. CONTRIBUTED

## A droplet's rainbow ebb and flow



TOBIAS BRÄUNING

### Picture perfect

### Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled *Dancing Queen*, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. **METRO**

### 60 seconds



Tobias Bräuning

#### What do you see here?

I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

#### How did you create these striking shapes?

I used electromagnetic solenoid valves to generate the drops. I also

made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

#### You must have used a very rapid shutter speed.

No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second — to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

#### As a photographer, what do you want to tell the world?

I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects.

**METRO**

### Shutter happy

"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured short before touching the splash."

Tobias Bräuning

## Born of dreams, turned into dresses

### News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one of the many stories of people making a difference.

You may use them to dream when your head hits the pillow at night,

but Caroline King has managed to turn pillowcases into a dream come true for impoverished girls.

Recently, King has been hard at work converting pillowcases into dresses for girls in Haiti, Cuba, Honduras and Kenya, after learning of a pillowcase-dress project on Facebook, according to the Strathroy Age Dispatch.

For the recipients, having a clean dress is a source of pride, confidence

and ultimately happiness.

A deft sewer, King requires a mere 15 minutes to make each dress.

"The little girls are very excited about receiving these dresses," King told the Strathroy Age Dispatch.

To propel her pillowcase production, she is looking for new or clean used pillowcases, ribbon, buttons and lace.

So, when you're done

snoozing, get out of bed, collect some extra pillowcases and help spread some happy dreams by helping provide a new dress for a young woman in need.

**CRAIG AND MARC KIELBURGER**

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to [good-news@metowe.com](mailto:good-news@metowe.com) and we'll share them right here.

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## SCENE

## Box office

**Avengers assemble a box-office smash**

Captain America tells the Incredible Hulk to do his smash thing in *The Avengers*, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a \$200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of \$169.2 million for the debut of last year's *Harry Potter* finale. The *Avengers* added \$151.5 million overseas over the weekend to bring its total to \$441.5 million since it began opening internationally a week earlier. That raised the film's worldwide haul to \$641.8 million in barely a week and a half, more than its Marvel superhero forerunners *Iron Man*, *Iron Man 2*, *Thor* and *Captain America* took in during their entire runs. If distributor Disney's domestic estimate Sunday holds when the final weekend count is released Monday, *The Avengers* would be the first movie ever to haul in \$200 million in a single weekend.

THE ASSOCIATED PRESS

## On the web



Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice



The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horowitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

# Yauch: A music maverick

## Remembering a Beastie Boy.

Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON  
AND PAT HEALY  
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz.

They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evol-

ving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Check out Shadrach from their 1989 classic, *Paul's Boutique*. What makes this performance from *Soul Train* especially touching is the trio's salute to the show's host, Don Cornelius, who also died this year.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

## Condolences

### Beastie Boys key part of Madonna's music history

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was important to her musical history. The singer

says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s, and the group was inducted into the Rock and Roll Hall of Fame last month.

THE ASSOCIATED PRESS

He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role

in immortalizing the trio with his video direction.

His directing credits include *So Whatcha Want*, *Intergalactic*, *Body Movin* and *Ch-Check It Out*.

# Biography explores living on the Edge

**DVD release.** Canadian wrestler Edge shares his tales of his career and rise to fame in new documentary

One of Canada's top sports entertainers gets the DVD treatment in the latest biography offering from World Wrestling Entertainment, and it's a release that mat fans in this country are bound to enjoy.

Nicknamed the "Rated-R Superstar," retired pro wrestler Edge takes viewers through his rise to stardom

in the squared circle, from his early days in southern Ontario in the mid-1990s all the way to the top of the WWE.

There is plenty of Canadian flavour in the three-disc offering titled *You Think You Know Me? The Story of Edge*. The Orangeville, Ont., native weighs in on his start in the business and many of the more interesting moments on his way to championship glory.

The 241-pound, six-foot-five wrestler strapped a number of belts around his waist over the years before his retirement in 2011 due to injury problems. He was inducted into the WWE Hall of

Fame earlier this year.

A teenaged Edge got started in the business after he noticed a brief item in the sports section of a Toronto newspaper. Sweet Daddy Siki and Ron Hutchison were accepting applications for those interested in training to become pro wrestlers.

Edge won a wrestling essay contest and went down to a boxing centre in west-end Toronto to get started. He also studied radio broadcasting, which helped his microphone skills in the ring.

Combined with a long-haired rock-star look and natural charisma, Edge was soon on his way. A shot of

a young Edge in the crowd watching the legendary Hulk Hogan at SkyDome (now Rogers Centre) helped give him the boost to succeed. Years later, Edge and the Hulkster would team up and become tag-team champions.

Edge started out wrestling with his good friend Christian and after some intense tag-team feuds — most notably with the Hardy Boyz — the Canadian grappler focused on singles action. He took on most of the top stars and many matches are featured on the second and third discs in this package.

THE CANADIAN PRESS





# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

## Andy Cohen gabs with Metro

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop culture guru and celebrity interview extraordinaire.

In his new book *Most Talkative*, Cohen opens up about dreaming of a life in television while watching *All My Children* as a kid, what it was

like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting

caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

**TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON**

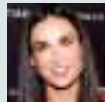
## Congrats to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.



Andy Cohen ALL PHOTOS GETTY IMAGES

## Twitter



**@justdemi**

So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!



Jay-Z

## Jay-Z: My daughter will likely be spoiled rotten

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with

Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

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## 3

## LIFE

## DIY

**Homemade popsicles**

I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.

**You'll need:** one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water.

**Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy. After pouring the kids' popsicles, I had strawberry mix left over. What's a mom to do? Well, if you're anything like me, you add half a cup of vodka, mix it in the blender so it's evenly distributed, pour the mixture into popsicle molds and let it freeze (then salivate in anticipation).**

**Helpful hint:** always use different easily-identifiable molds when making vodka popsicles, for obvious reasons.

SHARON DEVELLIS,  
YUMMYMUMMYCLUB.CA

## On the Web



Skeptics question whether Vogue went far enough to promote healthier models

## Health

**Do dads get depressed, too?**

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some

sort of postnatal depression.

To most, it seems off to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA



Study suggests new dads can suffer from a form of depression. ISTOCK

## Money

**Paying your babysitter**

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs

means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.

- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ,  
YUMMYMUMMYCLUB.CA

# Ready to reveal your baby's gender? Keep it trendy

**Boy or girl?** Here are some ways of making the big announcement to friends and family

LISA  
THORNBURY  
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of these three parties:

**Gender Reveal Cakes**  
Have y-ur secret-keeper deliver the piece of paper to

## More party tips

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

a baker and have the bakery make a cake — neutral on the outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

**Balloons In A Box**  
Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

**Unwrap a Gift**  
Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find

out the sex with your spouse privately before the party so you are prepared to celebrate when everyone else finds out.

A fun touch would be to have guests wear either pink or blue to indicate their gender prediction. The losing

team cleans up after the party. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

## Add these must-read picture books to your shelf

We surveyed yummymummyclub.ca readers and asked them to share their all-time favourite children's picture books. Here are a few must-haves:

**The Gruffalo by Julia Donalson**

Just what is a Gruffalo? "He has terrible tusks, and terrible claws, and terrible teeth in his terrible jaws." Or maybe he's not real at all and a silly mouse just made him up. Or maybe he is real, after all. Mystery!

**The Paper Bag Princess by Robert Munsch**

This is definitely not your



The Gruffalo

average princess story — no, indeed. Princess Elizabeth and Prince Ronald do not live happily ever after at the end of this tale, as Prince Ronald is unhappy with the way the strong and awesome princess looks



The Paper Bag Princess

after battling and outsmarting dragons. **Where the Wild Things Are** by Maurice Sendak  
Let the wild rumpus begin! Max takes on a great adven-



Where the Wild Things Are

ture to the place where wild things are. It will almost make your kids want to get sent to their rooms without dinner. Almost.

**Stellaluna** by Janell



Stellaluna

**Cannon**  
Oh, Stellaluna, the little fruit bat who loses her way and gets adopted by birds. Her bird friends are confused by the differences between bats and birds. "How can we be so dif-



# Give your sweet tooth something to smile about



This recipe serves eight to 10 people. THE CANADIAN PRESS/HO

## Raspberry Semifreddo. This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert

made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

1. In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about

8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

2. In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to

### Ingredients

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

3. Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mixture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

4. To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges. Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

### Queen of Green

## Toxic home cleaners



QUEEN OF GREEN  
Lindsay Coulter  
green@metronews.ca

### What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)? Jolene — Winnipeg

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which

may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of *Ecologic Home*, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at [springbreakup.ca](http://springbreakup.ca).

When you sign up, you'll be entered for a chance to win the grand prize: a \$300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

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\* No purchase necessary. Contest runs from 12:00:00 a.m. EDT on May 1, 2012 to 11:59:59 p.m. EST on January 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, who are active epost users, and who have subscribed to at least two epost mailer bills throughout the previous 60 days. There are a total of 9 prizes available to be won, each with a value of CAD \$1,000. There will be one prize draw per month during the contest period. Odds of winning depend on number of entries received. Selected entrants must answer a mathematical skill testing question and sign a release. Full contest rules are available at [epost.ca/contestrules](http://epost.ca/contestrules). <sup>TM</sup> Trademark of Canada Post Corporation. All other trademarks are the property of their respective owners.

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\*Based on 2012 Fuel Consumption Guide ratings published by Government of Canada. Actual fuel consumption may vary. †Prius c Technology model with Premium Package.



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Image shown with a MSRP of \$25,340. MSRPs do not include freight and PDI (\$1,565), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

# MAINTAIN A HEALTHY BALANCE

## REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

“We tend to talk about our physical and mental health problems separately,” he explains. “We rarely view them as linked, and our health services and funding are structured to support this view.”

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a



GOODSHOOT/THINKSTOCK

person's overall health and well-being.

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost \$4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another \$1 billion is spent on hospital visits, doctors' fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated be-

fore they grow severe.

“Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination,” says Coleridge.

“We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.



FUSE/THINKSTOCK

“This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health.”

CMHA's Mental Health Week is May 7-13. This year's theme is “mental health for all” — a reminder that good mental health is achievable for everyone. To learn more, visit [mentalhealthweek.ca](http://mentalhealthweek.ca).

## THERE'S NO REAL HEALTH WITHOUT MENTAL HEALTH

### CMHA, ONTARIO LAUNCHING ‘READ YOUR MIND’ CAMPAIGN WITH AIR MILES

Over the past few decades, the rise in fitness regimens and health foods to keep your body in top physical shape has certainly grown in popularity, but we also now know that it's just as important to keep your mind strong, healthy and active as part of overall health and well-being. Because we know that there can be no real health without mental health.

This year, to kick off the 61st annual Mental Health Week (May 7-13), Canadian Mental Health Association (CMHA), Ontario is launching a “Read Your Mind” campaign designed to help encourage Ontarians to learn more about their own mental health, have fun while doing it, and earn AIR MILES reward miles, too.

The focal point of the campaign is a unique, new Facebook-based self-assessment tool that helps users look at common triggers that could affect an individual's mental health and gauges them against key areas of happiness, in-

cluding ability to enjoy life, flexibility, resilience, balance and self-actualization.

Ontarians are encouraged to take the self-assessment and share the non-diagnostic tool with their friends, family, and colleagues to help promote better mental health awareness. In addition to learning more about their own mental health, Ontarians will have the opportunity to earn AIR MILES reward miles while doing so.

“The driving action of the campaign is to promote good mental health on both



ISTOCKPHOTO/THINKSTOCK

## SELF-ASSESSMENT

Take the “Read Your Mind” self-assessment on CMHA, Ontario's Facebook page at [facebook.com.cmha.ontario](http://facebook.com.cmha.ontario). Learn more about your own mental health and you could earn AIR MILES reward miles.

a personal and community level, because this issue touches each and every one of us, every single day — one in five Canadian adults under 65 will have a mental health problem in any given year. This means you, a family member, a friend, a neighbour, or a colleague,” says Lorne Zon, CEO at CMHA, Ontario.

“We want to provide an opportunity for Ontarians to join the cause to build greater awareness around mental health and mental illness, share the self-assessment tool with their friends and family, and help reduce the stigma surrounding mental illness.”

CMHA, Ontario invites everyone to visit the CMHA, Ontario Facebook page at [facebook.com.cmha.ontario](http://facebook.com.cmha.ontario) on Wednesday, May 9, from 7-8 p.m. for a

live online video chat with Arthur Gallant. Please send your questions or comments to Gallant via Facebook and on Twitter [#cmhaMHW](https://twitter.com/cmhaMHW). Gallant, 22, is a former crown ward of the Children's Aid Society who lives with clinical depression and anxiety.

Gallant has been an outspoken advocate for the rights of children and youth receiving government funded services and mental health services. The child of an intellectually disabled parent, Gallant has been very public sharing his story and struggles with the hopes of reducing the stigma surrounding mental illness and educating the public about the challenges those with mental health difficulties face.

Learn more at [ontario.cmha.ca](http://ontario.cmha.ca).



# BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

"I'm not sure if this is the right phone number but I really don't know where to start" is a common refrain heard by the Information and Referral Specialists who answer the Mental Health Helpline.

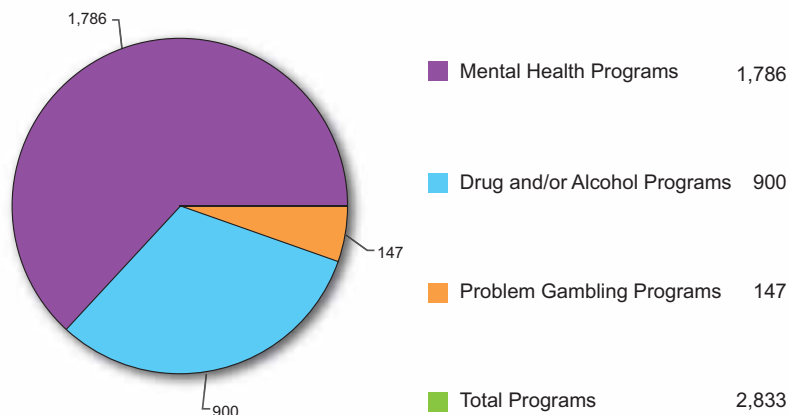
Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service is live answer 24/7, confidential, free and anonymous.

A helpful Information and Referral Specialist will answer calls, email or web chat 24/7.

"Our interaction goes beyond providing correct information; it's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the Ontario Problem Gambling and Drug and Alcohol Helplines. "If you've never had to reach out for help before or were afraid to seek help because of the perceived stigma of mental illness, then making that first phone call can be a leap of faith."

Patently, specialists will help explore the issues and find the services that are needed in all types of unique situations.

"No two calls are the same. We've heard some traumatic stories and heartache but we've also heard stories of resiliency and success", says Tricia. "Often the simple act of listening is cathartic. Being heard, respected and understood builds the foundation for a successful call and increases the likelihood that the caller will continue to reach out to services in their own community."



Graph showing the amount of programs in the ConnexOntario Database. Courtesy of ConnexOntario's eServices portal.



**1 in 5 Canadians will experience a mental health issue in their lifetime!**

**Almost 50% of calls come from family members or concerned friends!**

Reaching out for help can be a difficult first step. Besides the telephone, the Mental Health Helpline can be reached via email or webchat.

Not everyone has access to a phone or feels comfortable communicating by phone, so being able to provide alternatives is valuable. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.

## Mental Health Helpline

1-866-531-2600

[www.MentalHealthHelpline.ca](http://www.MentalHealthHelpline.ca)

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook



# SADLY MISUNDERSTOOD AND MISDIAGNOSED

## STATS SHOW THAT ONE IN NINE CANADIANS SUFFER FROM PTSD

Ute Lawrence knows how isolating post-traumatic stress disorder (PTSD) can be. After she survived one of the most horrific highway accidents in Canadian history, she created the PTSD Association of Canada, the first PTSD organization in North America not solely focused on the military.

PTSD can affect anyone who has had a traumatic or life-threatening experience. Statistics show that one in nine Canadians suffer from PTSD at some point in their lives and that almost 40 per cent of adults in the general population have been exposed to at least one traumatic event by age 13. Almost 20 per cent of men and 25 per cent of women report having directly experienced or witnessed violence by the time they have reached age 13.

These traumatic events range from combat/military experience, child sexu-

al/physical/verbal abuse, natural disasters, terrorist attacks, serious accidents, divorce, loss of a loved one, serious illness, and many other causes.

PTSD is sadly misunderstood and misdiagnosed. The good news is that PTSD is treatable. Unfortunately, many health-care providers are not always able to link the symptoms with the diagnosis. Making people aware of PTSD, including individuals whose loved ones have experienced a traumatic situation, is one of the best ways to assist in an accurate diagnosis. Accurate diagnosis can lead to treatment and, eventually, healing, growth and recovery.

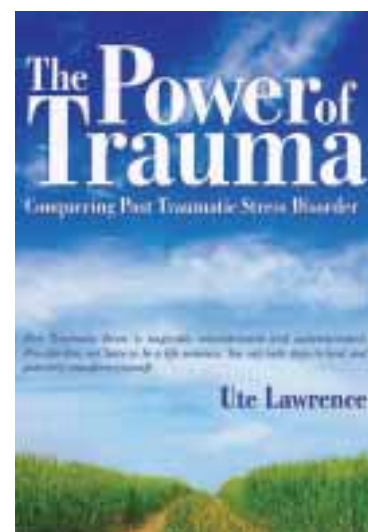
It's discouraging that we are still seeing people suffering from PTSD being misdiagnosed as having depression or anxiety and ending up with anti-anxiety drugs, anti-depressants or sleeping pills.

Most are doomed to a lifetime taking these drugs without the cause ever being explored.

In many cases, people suffering from PTSD, who have never had their condition fully explored, develop a dependence on alcohol and illegal drugs to numb their pain.

It's a mistake to believe things will simply get better over time.

If someone had suffered a deep gash on their forehead



CONTRIBUTED


during an accident, no medical professional would have left the open wound bleeding, expecting it to simply heal.

This is also true with the wounds of PTSD, with the exception that they are invisible to the world. They, too, need the proper treatment, care and enough time to heal.


For more information on causes and symptoms of PTSD, visit [ptsdassociation.com/about-ptsd.php](http://ptsdassociation.com/about-ptsd.php).

Ute Lawrence is the author of *The Power of Trauma: Conquering Post Traumatic Stress Disorder*, which is available on [amazon.ca](http://amazon.ca).


**"MAKING PEOPLE AWARE OF PTSD, INCLUDING INDIVIDUALS WHOSE LOVED ONES HAVE EXPERIENCED A TRAUMATIC SITUATION, IS ONE OF THE BEST WAYS TO ASSIST IN AN ACCURATE DIAGNOSIS."**




I exercise alot.  
Paul, 52, Manager



Hang out with my kids. They keep me balanced.  
Jyoti, 44, Teacher



I like being creative. It's my drug.  
Zile, 67, Artist



I force myself to go out and stay social.  
Behzad, 30, Grad Student

### What do you do for your mental health?

Do more for yourself everyday. Because good health includes mental health. The Canadian Mental Health Association proudly kicks off its 61<sup>st</sup> annual Mental Health Week – May 7th to 13th. It's time to talk, reflect, engage and celebrate mental health for all. [Find out more at www.MentalHealthWeek.ca](http://www.MentalHealthWeek.ca)

IN PARTNERSHIP WITH



Canadian Mental Health Association

Association canadienne pour la santé mentale

## The Medicine Shoppe Pharmacy

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## The Canadian Mental Health Association



Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.



# Involved in every level of society

JON  
TATTRIE  
For Metro

The first image many people have of a nurse is of a harried health professional dealing with urgent situations in a hospital, but nurses work in almost every sector of our lives, says the executive director of the Canadian Nurses Association (CNA).

Rachel Bard, who previously worked in the New Brunswick government, says it starts in the community with health promotion and illness prevention work via the school system. Nurses also work in nursing homes, private homes, psychiatric institutions and as "street nurses" reaching out to homeless people.

"Nurses week is really a mechanism to profile the contribution that nurses bring to the health-care system," she says.

"With 266,000 registered nurses working across our nation, nurses are directly involved with patients, families and communities. Nurses are involved in every level and every stream of society."

Bard says nurses play an important role in contrib-



Employers are holding internal events and each provincial association is organizing events to mark National Nursing Week. The CNA lists some regional events on its website (cna-aicc.ca). THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

uting to the policy level of health care in Canada. She points to the work with P.E.I. Premier Robert Ghiz where nursing organizations are helping shape best practice policies and developing models of care in the province. The collaborative approach with government, nurses

and doctors is spreading across Canada, she says.

"It's a positive step of including nurses in such an important area of trying to transform how we do business and bring some standardized approach across the country," Bard says.

The CNA also lobbies the

case that nurse practitioners — registered nurses (RNs) with advanced training and capabilities — should be used to improve access to health care and reduce wait times in rural areas that do not have good access to primary health-care providers such as doctors.

## You will get thanked every day as a nurse

Nursing is one the "greatest and hardest" careers available, says Linda Silas, president of the Canadian Federation of Nurses Union.

"You have to love people — individuals, families and communities," she says.

Nurses work with people experiencing the full range of life's high and lows — from victims of traumatic attacks or accidents in the emergency room to families celebrating the birth of their child in the maternity ward to the elderly preparing to die. There are also nursing careers in public health and mental health, as well as in-home care or at care facilities.

Silas says the average nurse changes jobs every seven years. Their basic education as a registered nurse, licensed practical nurse or nurse practitioner, works in a wide range of jobs, but specific positions may require skills upgrading.

Silas says having more well-trained nurses helps everyone.

"It's a dual benefit. Our

communities benefit the more nurses they have," she says. "And for the individual who becomes a nurse — there are not many professions where you will get so many 'thank you's' every day."

It's a challenging profession, she says, as many nurse jobs require 24/7 coverage and so nurses will work day shifts, back shifts, weekends and holidays.

"And working in very stressful situations," she adds.

Silas says two years ago, every nurse graduate walked into a job. Today, provincial budget cuts means it is a little harder to find the job you want where you want it, but there is still a lot of work, with more coming.

"The Maritimes, Alberta and Saskatchewan are the areas where the job openings are more numerous," she says. Would-be nurses in the rest of the country may have to move to another area in their province or territory and start on a casual or part-time basis.

JON TATTRIE



National Nursing Week aims to reflect the positive impact nurses have on the lives of Canadians.

JUPITERIMAGES/COMSTOCK/THINKSTOCK

## Nurses. 'The Health of our Nation'

JON  
TATTRIE  
For Metro

National Nursing Week is seven days to celebrate one of the most important professions in Canada. Given that health care is largely a provincial and territorial responsibility, most specific events to mark the week are being organized by provincial and territorial organizations.

The overall theme is "Nurses — the Health of Our

Nation," and it aims to reflect the positive impact nurses have on Canadians' lives and well-being.

The theme is inspired by the International Council of Nurses, the global body that celebrates International Nurses Day May 12.

This year's theme has a double meaning, says Rachel Bard, the executive director of the Canadian Nurses Association.

"The 'health of our nation' is certainly applicable

for nurses, because it is how they contribute the most — looking and seeing how we can influence the health-care system, and also in terms of how we can influence policy, improving access and reaching out to the population to promote better health," she says.

National Nursing Week runs from May 7-13. A list of some of the events being held across Canada can be found under the "events" section of cna-aicc.ca.

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# Leap of faith leaves a big imprint on franchise owner

**Copy that.** Iain Scott encourages other entrepreneurs to be unafraid to take chances



**THE IN-CREDIBILITY FACTOR**  
Teresa Kruze  
life@metronews.ca

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years, Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with



Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an opti-

mist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a

second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination

over your own future," he notes.

"At the end of the day, you're building equity and it will become an investment for your retirement."

## Expert advice

**Iain Scott's key tips for business success:**

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

## High hopes

**"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."**

Iain Scott, business owner

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NFL

## Seau's family re-thinking brain donation decision

San Diego Chargers chaplain Shawn Mitchell says Junior Seau's family is revisiting its decision to donate the former NFLers' brain for research into football-related injuries.

Mitchell said Sunday that the family, which is of Samoan descent, is consulting with a group of elders. He said it doesn't necessarily mean that the family won't donate Seau's brain.

THE ASSOCIATED PRESS

Kentucky Derby

## Death at track not connected with derby: Police

The discovery of a man's body Sunday in the stable area of Churchill Downs was being investigated as a homicide, but there appears to be no connection to the race track or the Kentucky Derby, police said.

"At this point we don't have anything pointing to the fact that this had any association with Churchill Downs or the Derby itself," said Alicia Smiley, spokeswoman for Louisville Metro Police. She said the death is being investigated as a homicide.

The body was found in a stable about 150 yards from where Saturday's Derby winner, Canadian-owned I'll Have Another, was kept.

THE ASSOCIATED PRESS



Mario Gutierrez rides I'll have Another on Saturday. MARK HUMPHREY/THE ASSOCIATED PRESS FILE



Albert Pujols watches his first home run of the season leave Angels Park on Sunday. JEFF GROSS/GETTY IMAGES

## MLB. Pujols ends streak of futility vs. Jays

Albert Pujols finally hit a home run for the Los Angeles Angels, ending the longest power drought of his career Sunday in a 4-3 win over the Toronto Blue Jays.

Pujols connected in the fifth inning for his first AL homer and his 446th overall.

The three-time NL MVP had gone 33 games and 139 at-bats dating to last year without a home run in the regular season. He had a three-homer game for the champion St. Louis Cardinals in the World Series and hit seven home runs in spring training.

Pujols drove a 2-2 pitch from

Sunday's game

4

Angels

3

Blue Jays

right-hander Drew Hutchison into the left-field bullpen for a two-run shot. Mike Trout doubled ahead of the home run and right before the pitch, Hutchison and catcher J.P. Arencibia had a conference on the mound.

Pujols homered in his 28th game and 111th at-bat with the Angels, who signed him to a 10-year, \$240-million US contract as a free agent in December and touched off a frenzy that resulted in more than 5,000 extra season tickets being sold.

The all-star slugger did not play in Saturday night's 6-2 victory after manager Mike Scioscia kept him out of the lineup for the first time.

Jerome Williams (3-1) was charged with three runs and eight hits in 6 2/3 innings.

Hutchison (1-1) gave up four runs and eight hits in 5 1/3 innings. THE ASSOCIATED PRESS

# Kings sweep away Blues

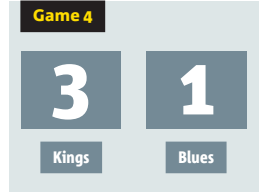
## NHL. Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same post-season.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty



net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.

THE ASSOCIATED PRESS



Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

# 4 SPORTS

NHL playoffs

## Brodeur battles Flyers on 40th birthday

The Devils surefire Hall of Famer turned the big 4-0 on Sunday as New Jersey attempted to put the Philadelphia Flyers into a 3-1 series hole. For game results, go to metronews.ca/sports.

On the web



Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.

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Crossword

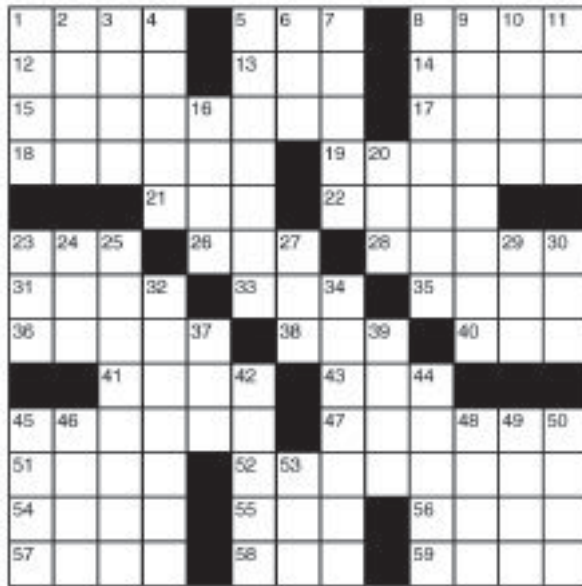
Across

- 1 One of the Three Bears  
5 Humor  
8 Ardur  
12 Oscar-night clasher  
13 Expert  
14 "That hurts!"  
15 Great elation  
17 Soft cheese  
18 Usher elsewhere  
19 Soloist's elegy  
21 To the — degree  
22 Trade  
23 Rushmore face  
26 Scale member  
28 Feudal figure  
31 Praise to the heavens  
33 "Golly!"  
35 Ms. Turner  
36 Went wan  
38 Mischievous tyke  
40 Enthusiast  
41 Newspaper page  
43 "Wham!"  
45 "Scat!"  
47 Canine coating  
51 Cow-headed goddess  
52 Mrs. Orpheus  
54 "The Producers" chorus member  
55 In favor of  
56 Messes up

- 57 Air from a pair  
58 Round Table address  
59 — ex machina

Down

- 1 Juror, in theory  
2 Chills and fever  
3 Band in Boston  
4 Hardly ruddy  
5 Tusked African beast  
6 Here (Fr.)  
7 Lions and Tigers and Bears  
8 Sole stud  
9 Portuguese, e.g.  
10 Low-pH  
11 Yon folks  
16 Feedbag fill  
20 He gives a hoot  
23 Jungfrau, for one  
24 Sheepish remark  
25 Extol  
27 Mainlander's memento  
29 Wildebeest  
30 Cause corrosion  
32 Passbook plus  
34 Napoleon or Nero  
37 Lair  
39 Small horse  
42 Ocean nadirs  
44 Tested the waters



- 45 Tie  
46 Jacob's twin  
48 Muck

- 49 Beige  
50 Not so much  
53 Spoon-bender Geller

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

8	1	5	4	6	3	2	9	7
4	3	2	9	5	7	1	6	8
7	6	9	1	2	8	3	5	4
9	7	8	6	3	4	5	1	2
5	4	3	2	8	1	9	7	6
1	2	6	5	7	9	4	8	3
6	9	1	7	4	3	8	3	5
2	8	7	3	1	5	6	4	9
3	5	4	8	9	6	7	2	1

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN FXRO FUOEN FXPLCXXT  
PURO BEUQL JLFXXKLQURO  
WVWJNFLRN BWQQP?  
"OXXXCTL, XQK VWURN."  
Yesterday's Cryptoquip: WHEN TWO BIG  
BOVINES PUT ON GLOVES AND START SPAR-  
RING, WOULD PEOPLE SAY THEY'RE BOXIN'  
OXEN?



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Horoscope

♈ Aries | March 21 - April 20.

You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

♉ Taurus | April 21 - May 21.

With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

♊ Gemini | May 22 - June 20.

This is no time to be cautious, especially when dealing with work and career issues.

♋ Cancer | June 21 - July 22.

If you expect others to play by the book then you must play by the book as well.

♌ Leo | July 23 - Aug. 22. Be a

little more daring over the next few days. Take the kind of risks that other people say you should not.

♍ Virgo | Aug. 23 - Sept. 22.

Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

♎ Libra | Sept. 23 - Oct. 22. If

you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

♏ Scorpio | Oct. 23 - Nov. 21.

Be bold, be brave and, above all, believe in yourself.

♐ Sagittarius | Nov. 22 - Dec.

21. You can either meet a challenge

head-on or you can hide yourself away until it has gone.

♑ Capricorn | Dec. 22 - Jan 20.

You have set your sights high and won't rest until you have got your hands on the prize.

♒ Aquarius | Jan. 21 - Feb 18.

Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

♓ Pisces | Feb. 19 - March 20.

You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

SALLY BROMPTON



Caption Contest

"Still got that monkey on your back?"

Jeffrey

MARTIN MEISSNER/THE ASSOCIATED PRESS

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# MAY 15, 2012

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